

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with herby couscous</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika</p> <p>G</p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn</p>	<p>Chicken and leeks with carrots in a creamy sauce served with potatoes</p> <p>Carrots, Chicken Breast, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Potatoes, Salt, Single Cream (Contains Milk), Smoked Paprika, Sunflower Oil, Tumeric</p> <p>D</p>	<p>Chicken chowder served with yellow rice</p> <p>Basmati Rice, Carrots, Chicken Breast, Dill, Garden Peas, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Parsley, Potatoes, Salt, Single Cream (Contains Milk), Sunflower Oil, Sweetcorn, Turmeric</p> <p>D</p>	<p>Vegetable chow main served with egg free noodles</p> <p>Carrots, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion, Red Lentils</p> <p>G</p>

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard	L Lupin	C Crustaceans	P Peanuts
G Gluten	F Fish	N Nuts	SS Sesame Seeds	M Mollusc	C Celery	SD Sulphur Dioxide

Dessert

Date and apple flapjacks

Apple, Pinch Of Brown Sugar,
Dairy Free Margarine, Date,
Golden Syrup, **Porridge Oats**
(Contains Oat & Gluten)

G

Fruit yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Fruit Pureed, Pinch Of Sugar

D

Juicy courgette and carrot cake

Ingredients:, Wheat Flour
(Contains Gluten), **Soya**
Flour, Grated Carrots, Grated
Courgette, Butter (Contains:
Milk), Vegetable Oil, Egg,
Pinch Of Sugar, Maize Starch,
Cinnamon, Spice Extracts

G E SB D

Fresh fruit

Ingredients:, Fresh Fruit

Beetroot and chocolate cake

Wheat Flour (Contains
Gluten), **Soya Flour**,
Beetroot, Butter (Contains:
Milk), Vegetable Oil, Egg,
Cocoa Powder, Pinch Of
Sugar

G E SB D

Allergens Key



D Dairy



E Eggs



SB Soy Beans



M Mustard



L Lupin



C Crustaceans



P Peanuts



G Gluten



F Fish



N Nuts



SS Sesame Seeds



M Mollusc



C Celery



SD Sulphur
Dioxide